

HURDLE HOPSCOTCH CIRCUIT

- The student jumps over the first hurdle and lands in the first hoop. He jumps into the second and third hoops and straddle-jumps into the next two hoops. He then continues on to the next hurdle and hoops and repeats the same sequence. This is repeated a final third time. Students should then jog next to the lane of hurdles and get back in line. Repeat as often as necessary.

HURDLE HOPSCOTCH

Equipment: 1 hurdle,
5 hoops or bike tires.

Directions:

The student jumps over the first hurdle and lands in the first hoop. He jumps into the second and third hoops and straddle-jumps into the next two hoops. He then jumps up, turns himself around, and returns back through the course.

Variation: Enlarge the hopscotch game by adding more hurdles and hoops. The students themselves might select the positions for the hurdles.

